Pan loaf

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Resting time	12 Hrs
Cooking time	1 Hrs 50 Mins
מנות	1
התקן	CombairSteamer V2000 from 2021

made from light and airy spelt dough

Soaked grains

200 ml water

150 g light spelt flour

Dough

Soaked grains

250 g light spelt flour

1½ tsp salt

¼ cube of yeast (about 10 g)

100 ml water

Shaping

Sunflower oil for greasing

Flour for shaping

Soaked grains

Put the flour in a mixing bowl. Boil the water and pour into the flour. Mix well and allow to cool.

Cover and leave to rest overnight in the refrigerator.

Dough

Knead all the ingredients in a bowl into a soft, moist dough.

Shape the dough into a ball. Put in a bowl and place in the bottom of the cooking space. Allow to rise at 32 °C for 1 hour until double in volume using the professional baking proofing mode.

Shaping

Grease the cake tin.

Place the dough on a floured work surface and divide into two. Stretch each portion from all four sides and fold into the centre. Place side by side in the cake tin. Dust with flour.

Allow to proof for 20 minutes.

Baking

Preheat the cooking space to 200 °C using the professional baking flour-dusted mode.

Bake the bread on a baking tray in the middle shelf position for 40 minutes.

Turn the bread out of the tin and bake for a further 10 minutes.

Allow the pan loaf to cool down on a wire rack.

Cooking steps

Professional baking proofing 32 °C for 1 Hrs

Continue working the dough after it has risen.

(Pre-)heat cooking space to 200 °C with Hot air

Preheating finished. Put the food in.

Professional baking rustic 200 °C for 40 Mins

Turn the food out of the tin. Continue baking.

Hot air 200 °C for 10 Mins

אביזרים

Cake tin, about 20 cm long

Baking tray

Wire shelf

מידע נוסף

הופק ביום	26.01.2022